



CRAVING GOD... NOT FOOD

A Biblical Perspective

ARE CRAVINGS BAD?

- Today, we will explore the idea of redirecting our cravings towards God and understanding how our food cravings can sometimes be misaligned.
- Let's dive into the Word of God to discover how we can find fulfillment in God rather than in our cravings for food.

UNDERSTANDING CRAVINGS

Cravings: Natural Human Desires

- We all experience cravings, including cravings for food, which are part of being human.
- It's not that cravings themselves are bad; it's what we crave and how we prioritize them that matters.
- The Bible guides us to redirect our cravings towards God for true fulfillment.
 - Scripture: "Delight yourself in the LORD, and he will give you the desires of your heart." (Psalm 37:4)

THE PROBLEM OF MISALIGNED CRAVINGS

- The First Commandment states, "You shall have no other gods before me" (Exodus 20:3).
- When our desire for food becomes an obsession, it can lead to idolatry, placing food above God in our lives.
- Our ultimate focus should be on seeking a deep, personal relationship with God rather than pursuing worldly cravings.
 - Scripture: "Dear children, keep away from anything that might take God's place in your hearts." (1 John 5:21)

TRUE SATISFACTION IN GOD

Finding Fulfillment in God

- Psalm 107:9 says, "For he satisfies the thirsty and fills the hungry with good things."
- Our souls long for fulfillment, and sometimes we mistakenly seek it through food.
- By seeking God, we can find true satisfaction and contentment that goes beyond our cravings for food.
 - Scripture: O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water.(Psalm 63:1)

NOURISHING OUR SOULS

Spiritual Nourishment

- Just as physical food nourishes our bodies, spiritual food—the Word of God—nourishes our souls.
- We need to prioritize feeding our spirits through prayer, meditation on Scripture, and fellowship with God's people.
- By doing so, we can align our cravings with the things of God and find fulfillment in Him.
 - Scripture: Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment. (1 Peter 2:2)

OVERCOMING TEMPTATION

Resisting Food Cravings

- 1 Corinthians 10:13 assures us that God provides a way out when we face temptation.
- When cravings for food or other worldly desires arise, we can turn to God for strength and guidance.
- By developing a strong relationship with Him, we can resist temptations and overcome the pull of our food cravings.
 - Scripture: "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." (Matthew 26:41)

FILLING THE VOID

The Eternal Void

- Ecclesiastes 3:11 reminds us that God has set eternity in the hearts of men.
- Our cravings for food or worldly pursuits often stem from a deeper longing for something eternal.
- Only God can fill that void in our hearts and provide lasting satisfaction.
 - Scripture: "And my God will supply every need of yours according to his riches in glory in Christ Jesus." (Philippians 4:19)
 - Quote: "There is a God-shaped vacuum in the heart of every man which cannot be filled by any created thing, but only by God, the Creator made known through Jesus." – Blaise Pascal

SEEKING GOD'S KINGDOM FIRST

Prioritizing God in Our Cravings

- Matthew 6:33 encourages us to seek first the kingdom of God and His righteousness.
- When we prioritize our relationship with God above all else, He promises to take care of our needs.
- By redirecting our cravings towards God, we can live a purposeful life in alignment with His will.
 - Scripture: "But seek first the kingdom of God and his righteousness, and all these things will be added to you." (Matthew 6:33)

OVERCOMING FOOD CRAVINGS

Resisting Temptation

- Food cravings can be challenging to resist, but with God's help, we can overcome them.
- Philippians 4:13 reminds us that we can do all things through Christ who strengthens us.
- By relying on God's strength and seeking His guidance, we can resist the temptation to indulge in unhealthy food cravings.
 - Scripture: "I can do all this through him who gives me strength."
(Philippians 4:13)

CULTIVATING CONTENTMENT

Finding Satisfaction in God

- 1 Timothy 6:6 teaches us that godliness with contentment is great gain.
- When we crave God more than we crave food, we can experience true contentment and fulfillment.
- By trusting in God's provision and finding our satisfaction in Him, we can break free from the cycle of constant food cravings and find peace.
 - Scripture: "But godliness with contentment is great gain." (1 Timothy 6:6)

CRAVING GOD, NOT FOOD: A NEW PERSPECTIVE

- Our cravings are not inherently bad, but it's important to examine what we crave and how we prioritize those desires.
- By redirecting our cravings towards God and finding fulfillment in Him, we can experience true satisfaction.
- Let's commit to nurturing our relationship with God and aligning our desires with His will.